3: Wolf F-5 (1959-1961) 1968 . AD5 Taiwan Hokkien AD5
Peihotien

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596+
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but he rarely takes the lead and never seems to expect it. He is content to think up new variations on old games and let the others carry them out. Thiam-hok often sits alone daydreaming or perhaps thinking. I have seen this kind of behavior in other village children, children suffering from the debilitation of frequent illness and inadequate diet, but with Thiam-hok one senses activity behind his withdrawn face. Several times I have come upon him hiding in a quiet corner, hunched over a piece of paper. Before he could conceal it, I saw that he was sketching with a stubby pencil and sketching with a certain amount of talent. My sincere praise did nothing to lessen his embarrassment—I had stumbled into what he evidently considered a secret, sinful pleasure. I later heard his siblings and even his mother teasing him about his pictures, but he did not abandon the activity. He only became more circumspect. To the initial amusement of his parents, he announced at the age of eight that he would no longer eat any form of meat, including vegetables fried in pig fat, a Taiwanese family's most common source of animal protein. He wished to live the life of a Buddhist. Lim Chui-ieng humored him for a few weeks, but when it became clear that he was serious, she forced him to return to normal eating habits for fear of damage to his already delicate constitution. He finally submitted, although he vowed to return to the stern discipline of Buddhism when he was fully grown. In determination he is definitely a Lim, but in him, the family character is taking a curious twist.

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Lim Chieng-cua's fourth child and third son is my favorite. Even the most persistent teasing of his elder siblings fails to ruffle Kui-hok's good humor. He has none of Thaim-hok's dreaminess but his face nearly always has a shy smile on it. He was not yet in school when I lived with his family, so I saw a good deal of him. He came to our office nearly every day to collect curly pencil shavings which he distributed to all of his friends. Although he is not beyond the usual teasing of younger siblings, he always gives in when they show signs of tears and leaves if they begin to vent their rage on him. Either his emotions burn with a cooler flame or he has already found a method for controlling them. One day when I was walking along a path I found him energetically slashing the tops off some long grass with a toy wooden sword. I asked conversationally what he was doing and he said, "Cutting off heads." I fumbled linguistically and quite by accident blurted out, "Whose?" He promptly gave me the name of Lim A-

262 the highest level in history. Low-priced powdered milk
[855] is available in the village stores but only given to small children. The citrus orchards allow a large consumption of fruits in season, particularly rejects, i.e., bruised and undersized fruit. The appearance and taste may be
[178] poor but nourishment remains the same. Previously, fresh fruits were consumed only on special occasions. The village stores now sell many eggs although eggs too once were only for rare special occasions. Probably the biggest change is in the quantity and variety of fresh vegetables.
[178] The diet is greatly improved and information about vitamins and a balanced diet is filtering into the community.

Food and Diet

146 No villager goes hungry, starvation is non-existent. Even in the large cities, the people appear well fed and beggars are rarely encountered. In Sanlei, the daily calorie intake seemed adequate for healthy life. In spite of the villagers' opinions which were expressed above, it does appear that there is an imbalance in the distribution of needed items. According to the Western-style doctor at the public health station in Hsin Tien, the rural villagers in the Hsin Tien area probably have serious shortages of protein, riboflavin, calcium, and thiamin. As an investigator from America, I was most struck by the lack of milk and milk products plus the comparatively small

146 portions of meat, fish and eggs. The doctor also stated that there were probably insufficient quantities of niacin, vitamin A, and iron although not as serious as the first listed items. Finally, outside of the citrus season, there were shortages of ascorbic acid.

125 262 The daily pattern of eating was checked in a number of different ways. I had five cooperating households (a stratified sample) keep records of food for a month which we checked each evening. Food was richer the first few days, probably indicating a "face saving" process. A second method was to check all 66 households on a single evening for that day's consumption. Alternatively, houses were checked following a single meal. Finally, random interviews on any subject periodically noted the food being prepared or recently consumed.

262 Polished rice was the main item of the diet in about 45% of the households; a combination of rice and sweet potatoes in about 52%; and primarily sweet potatoes only in about 3%. All households eat sweet potatoes, as a kind of fried pancake, steamed, or as a type of mush. [178] According to villagers, the trend over time has been towards a greater emphasis on rice and a lesser emphasis on sweet potatoes. Rice, if available, is eaten at every 261 meal, hot, cold, or as hsi-fan (a thin gruel). All vil- 855 lagers agree that gruel should not be eaten in the morning by any man who must do hard work in the fields as it